

Premier
Orthopaedic
Pathway

Physiotherapy before total hip replacement

Exercises

Exercises are very important and should be started as soon possible before surgery.

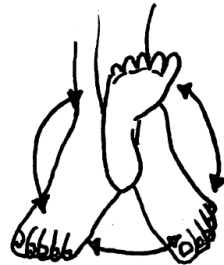
It is up to you to work hard in order to make the most of your new hip and to return to normal activities as soon as possible.

Try and do these exercises 3 times a day, every day before your operation.

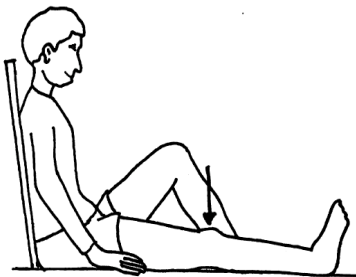
Bed exercises

1. Foot & ankle

Move your ankle slowly round in a large circle. Repeat this for 30 seconds.

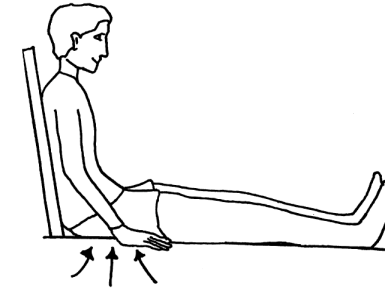


2. Thigh squeezes



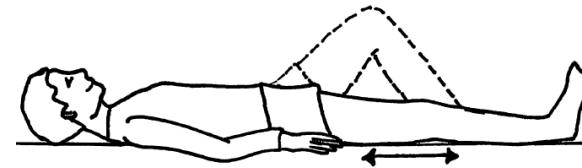
With legs out straight, push the back of your knee firmly into the bed. Hold 5 seconds then relax. Repeat 10 times.

3. Bottom squeezes
Squeeze buttocks firmly together for 5 seconds. Repeat 10 times.



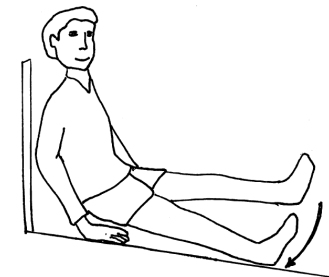
4. Knee bending

Bend and straighten your hip and knee by sliding your foot up and down the bed. Repeat 10 times.



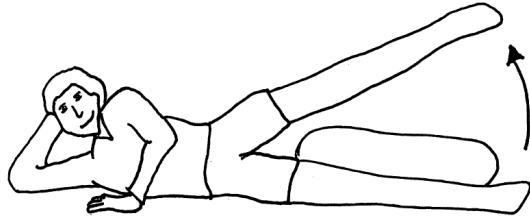
5. Leg sliding

Keeping your leg straight and your toes pointing towards the ceiling, slide your leg out to the side as far as you can manage, then slide back in. Repeat 10 times.



6. Leg lifting

Lying on your side with a pillow between your legs, slowly lift your leg up towards the ceiling, then down. Repeat 10 times.



Chair exercises

7. Knee straightening

Pull your toes up, tighten your thigh muscles and straighten your knee. Hold 5 seconds then slowly lower down. Repeat 10 times.



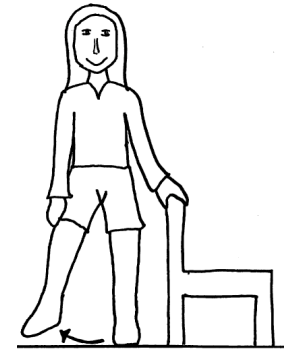
Standing exercises

Hold onto a firm support.



8. Bring your leg back behind you, keeping your knee straight. Slowly lower down. Do not lean forwards. Repeat 10 times.

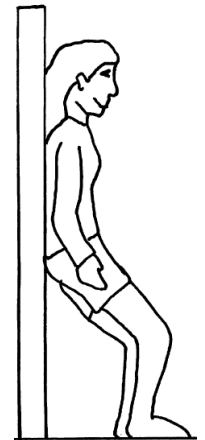
9. Slowly lift your leg sideways, and then lower it back to the middle. Keep your body straight throughout the exercise. Repeat 10 times.



10. Slowly lift your leg in front of you as high as you can manage up to 90°, you may bend your knee. Then lower down again. Repeat 10 times.

11. Mini-squats

Stand with your back against a wall, with your feet shoulder-width apart. Slowly slide your back down the wall allowing your knees to bend to about 40 degrees. Then straighten your knees to return to your starting position.



Any further questions?

Please feel free to ask your physiotherapy team if you have any further questions!

Your physiotherapist is

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